

Lundi , 10.04

08:30 - 09:25

Yoga Special
Beatrice

09:30 - 10:25

Pump Special
Nicole

10:30 - 11:55

Fitboxe Special
Andrej

Mardi , 11.04

10:00 - 10:55

Power Yoga
Michaela

17:30 - 17:55

P.I.I.T
Linda

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mercredi , 12.04

09:30 - 10:00

Senioren Cycling
Alexandra

10:05 - 11:00

Rückengymnastik
Alexandra

18:00 - 18:55

BBP (Bauch, Beine, Po) / Bodytone
Katja

19:00 - 19:55

Cycling
Yves

Jeudi , 13.04

06:30 - 07:25

Yoga
Nina

09:30 - 10:25

Pilates
Sandra

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Andrej

Vendredi , 14.04

10:00 - 10:55

Rückengymnastik
Liz

12:05 - 13:00

Pump
Sandra

19:00 - 19:55

Pilates
Eva

Samedi , 15.04

09:30 - 10:25

Yoga
Beatrice

Dimanche , 16.04

09:30 - 10:25

Pump
Tatjana